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ABSTRACT

The purpose of this guide is to stimulate and provide a framework for local discussion concerning the need for an AIDS education program, acceptance of the integration of such a program into the district's curriculum, and agreement on its content. The first section briefly outlines some of the dimensions of this disease. The next two sections discuss the development and purposes of an AIDS education program. Next, sample criteria for evaluating the program are listed. Sample learner outcomes and sample lesson plans are also included. Appended is a glossary; a list of various resources; and sample diagrams of the sample diagrams of the immune system, the chain of infection, and breaking the chain of infection. (SI)

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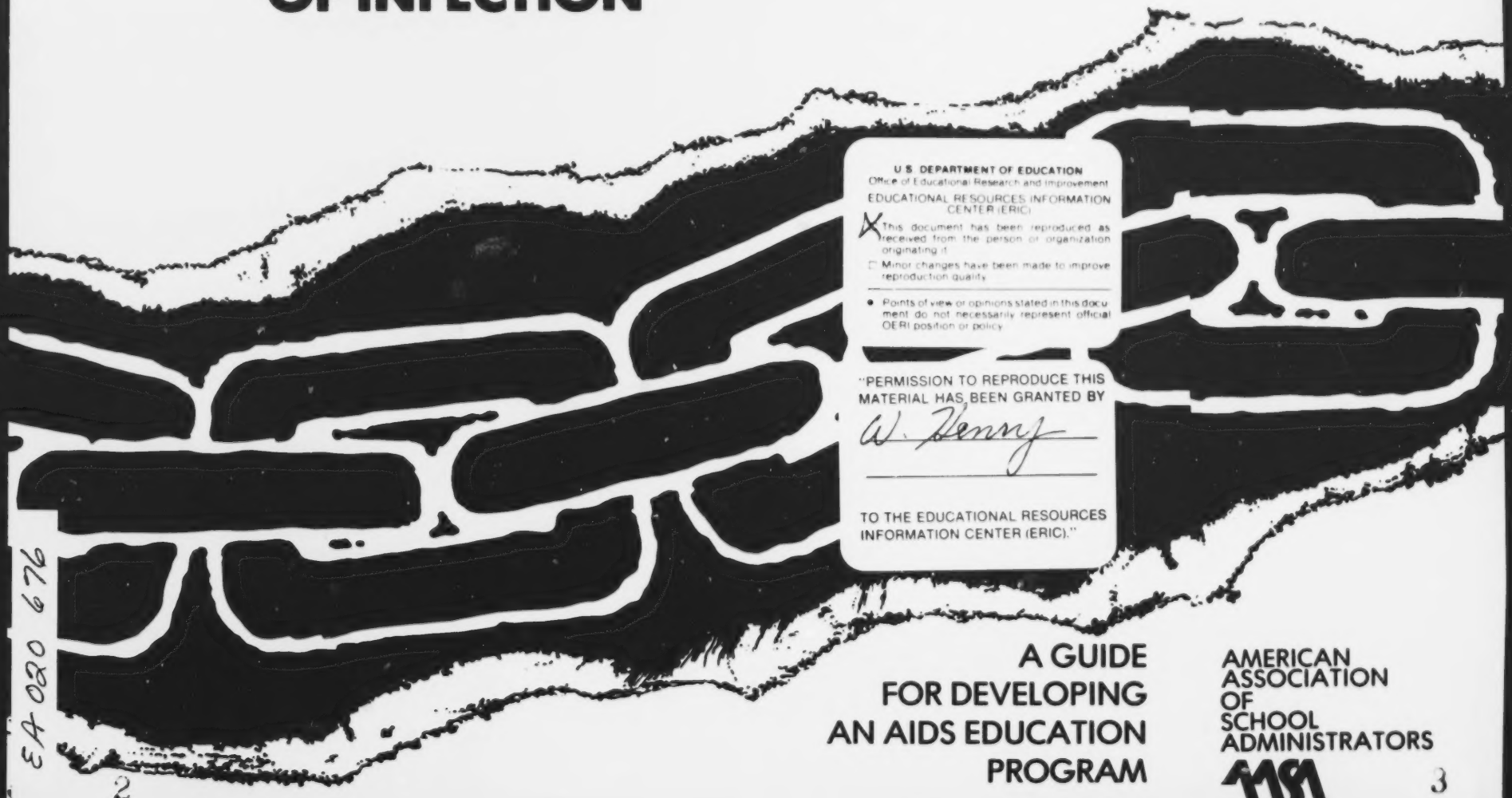
DEALING WITH AIDS

BREAKING THE CHAIN OF INFECTION



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A GUIDE FOR DEVELOPING AN AIDS EDUCATION PROGRAM

AMERICAN ASSOCIATION OF SCHOOL ADMINISTRATORS

EA 020 676

DEALING WITH AIDS

Breaking the Chain of Infection

Researched and written by Katherine E. Keough

Design, graphics and editorial assistance by
The Communications Support Group, Inc.

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AIDS: **Acquired Immune Deficiency Syndrome** — A disease caused by the human immunodeficiency virus (HIV) that breaks down the body's immune system, making it vulnerable to opportunistic infections.

IMPORTANT NOTE: The materials and information in this booklet are not intended as definitive curriculum materials. Their purpose is only to stimulate and provide a framework for local discussion which leads to development of an AIDS education program consistent with local needs and standards. Research and knowledge about AIDS is developing rapidly and care must be taken to establish programs based on the most current information.

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INTRODUCTION

AIDS (Acquired Immune Deficiency Syndrome) is now pandemic in its proportions. The first section of this publication briefly outlines some of the dimensions of this life-taking disease. AIDS continues to confound medical research. Currently, the only way to break the AIDS chain of infection is through education, and it is school leaders and the schools that must take the lead in this effort.

There is a great deal of misinformation and public misunderstanding about AIDS. The sexual transmission of the disease makes it difficult for many to discuss; and when AIDS is addressed, the discussion can become highly charged and emotional. It touches on people's closely held values and customs.

Many states have already recognized the severity of the AIDS epidemic and have mandated or strongly recommended inclusion of an AIDS education program in local district curricula. But when administrators begin to approach this issue, they often find themselves aswirl in controversy. Process, therefore, is critically important to the successful development and integration of AIDS education.

It is for these reasons that the American Association of School Administrators believes it is critical for us to publish this *Guide for Developing an AIDS Education Program*. We asked one of our most experienced educational researcher/authors to undertake this assignment. I think you will agree that Dr. Katherine E. Keough, with the help of an outstanding Advisory Committee of educational and medical professionals and counsel from the Centers for Disease Control, of the U.S. Department of Health and Human Services (CDC), has developed a very valuable publication for your use.

Our intent is to give you a tool that you can use to stimulate rational community discussion of the need for an AIDS education program, acceptance of the integration of such a program into your district's curriculum, and agreement on its content. Consideration should also be given to developing an adult education program for your community and an inservice education program for your staff — *all* of your staff. We offer this guide not as a set of standards, but simply to help you get the process started. It is hoped that the sample learner outcomes and sample lesson plans, along with the resources listed, will help make it easier to develop your district's own AIDS curriculum. But as you review this material, please keep in mind it is *not* a curriculum guide. The sample learner outcomes and sample lessons are just that — samples.

AASA has another tool available to help in educating your community to the need for inclusion of AIDS education in your curriculum. Dr. Keough and The Communications Support Group, Inc., the team that has produced such outstanding slide/tape presentations for AASA as *A Profound Transformation* and *The Race We Dare Not Lose*, have produced a similar program for us on the AIDS pandemic — *AIDS: Education's Deadly Imperative!*

Our intent, as educators, should be to encourage student, and subsequent adult, behavior that will help diminish the spread of AIDS — primarily abstinence from illegal drugs and abstinence from sex except in a long-term, faithful, monogamous, marriage/relationship. But we have to recognize that many individuals will not abstain. Therefore, we must also give attention to risk-reducing practices that can make a significant difference in preventing the spread of AIDS.

We have tried to help you in this task with this booklet. If you haven't already started, I urge you to begin immediately the process of integrating an AIDS education program into your curriculum. This disease will impact all communities.

Richard D. Miller
AASA Executive Director

THE VITAL IMPORTANCE OF AIDS EDUCATION

As of early 1988, more than 1.5 million Americans were infected with AIDS, and 1 in 30 men aged 30 to 50 were human immunodeficiency virus (HIV) positive. In certain cities, the spread of the disease is devastating. New York City is hardest hit, where estimates are that 1 out of every 3 men aged 30 to 50 may be infected — 10 times the national rate. AIDS is now the leading cause of death in New York City for both men and women in their thirties.

The general increase in the death rate caused by AIDS is beginning to reduce the average life expectancy. The U.S. Public Health Service projects a cumulative total of 270,000 diagnosed cases and 179,000 deaths in the United States by 1991 — more than three times the number of Americans who died in the Vietnam War. Undiagnosed infections in this country could approach 10 million or more.

Unlike other contagious diseases that are either curable or have a relatively short contagion period, almost all of those infected with AIDS will be contagious to others for the rest of their lives and will themselves very likely die of AIDS-related diseases.

AIDS is concentrated among young adults, and it's the young adults who are the heart of the productive sector of our economy. If left unchecked, AIDS holds the potential of severely disrupting our economy.

Contrary to popular belief, AIDS is not a disease restricted to homosexuals; it just seems to have gotten started in the United States most visibly in homosexual communities. AIDS can be passed between persons of any sex by the exchange of infected blood or semen. Thus there are nonsexual, as well as sexual, routes of transmission. For instance, AIDS is frequently contracted by drug abusers through the use of infected needles. It can be transmitted from an infected mother to her child at, or prior to, birth. There are also reported cases of AIDS caused by accidental contact with infected blood.

Teenagers are a high-risk group for AIDS because of their experimentation with sex and drugs. They are vulnerable due to their impulsive behavior or lack of understanding about the long-term consequences of behavior.

Although fewer than 1 percent of this country's AIDS cases are teens, nearly one-fourth of those infected with AIDS are between 20 and 30 years old. Since AIDS has an average incubation period of from 5 to 7 years, many of these young adults were infected with the virus as teens. Nearly half of all sexually transmitted disease patients are under 25.

Never has there been such a scientific effort mounted to conquer a disease. But both a vaccine and a cure seem to be far down the road. The most optimistic estimates are that it will be at least five years before medical science may have some tools with which to fight AIDS.

Therefore, universal AIDS education is of vital importance.

DEVELOPING AN AIDS EDUCATION PROGRAM

An AIDS education program deals with complex societal and personal values and issues; and discussion about an AIDS instructional program may touch on personal, religious, cultural, and moral perspectives. So initial and continuous communication on all aspects of the intended program are of the utmost importance. The process of developing an AIDS education program requires time, cooperation, and the participation of many people from the school, the home, and the community.

The steps recommended below are in keeping with the basic belief that schools are in partnership with parents and the community. These initial five steps, taken prior to board approval, allow for and encourage the participation of many people *before* the board of education makes decisions about an AIDS education program.

Step 1: Seek Board Approval to Explore

The superintendent seeks approval from the board to explore the development of an AIDS education program.

Step 2: Establish Task Force

The superintendent establishes an AIDS Education Task Force, the members of which might include district-wide and building-level administrators, teachers, the school medical advisor, a public health officer, parents, students, religious group leaders, board members, community leaders, health educators, medical professionals.

The AIDS Education Task Force may wish to establish subcommittees. Subcommittees might include: Needs Assessment, Community Awareness, AIDS Instructional Philosophy, AIDS Curricula Materials Review, and Community Resources Identification.

It is helpful to include a broad spectrum of the community and to establish specific reporting procedures for the AIDS Education Task Force. Ongoing communication, at all stages of exploration, is necessary for success.

Step 3: Address Local Questions

Develop a specific series of charges for the Task Force. While each district will have to formulate its own questions and answers at the local level, the suggestions listed below may prove helpful as a starting point.

- Should ___(name of school distict)___ provide an AIDS education program? (In many states, AIDS education programs are mandated.)
- What should be the overall purposes of the program?
- What are the attitudes and behaviors we are seeking for our students?
- At what grade level?
- Taught by whom?
- Using which materials?

Step 4: Task Force Reports Findings

The AIDS Education Task Force reports its findings and recommendations to the superintendent. If there is a standing district-wide curriculum committee, the report can go through this body also for its additional observations.

Step 5: Program is Approved, Implemented

The superintendent makes a recommendation to the board. Given board of education approval, the development of an AIDS instructional program and the integration of that program within a comprehensive health education curriculum is begun. As in any curriculum development process, field-testing and revising of proposed lessons, staff-training, and periodic updates are important components to an AIDS education program.

NOTE: In addition to an AIDS education program, school districts are also well advised to have a communicable disease policy which covers HIV infected students and employees.

PURPOSES OF AN AIDS EDUCATIONAL PROGRAM

The Centers for Disease Control suggest these general guidelines as purposes of an AIDS education program:

The principle purpose of education about AIDS is to prevent HIV infection. The content of AIDS education ... should address the broad range of behavior exhibited by young people. Educational programs should assure that young people acquire the knowledge and skills they will need to adopt and maintain types of behavior that virtually eliminate their risk of becoming infected.

School systems should make programs available that will enable and encourage young people who *have not* engaged in sexual intercourse and who *have not* used illicit drugs to continue to —

- Abstain from sexual intercourse until they are ready to establish a mutually monogamous relationship within the context of marriage.
- Refrain from using or injecting illicit drugs.

For young people who *have* engaged in sexual intercourse or who *have* injected illicit drugs, school programs should enable and encourage them to —

- Stop engaging in sexual intercourse until they are ready to establish a mutually monogamous relationship within the context of marriage.
- Stop using or injecting illicit drugs.

Despite all efforts, some young people may remain unwilling to adopt behavior that would virtually eliminate their risk of becoming infected. Therefore, school systems, in consultation with parents and health officials, should provide AIDS education programs that address preventive types of behavior that should be practiced by those with an increased risk of HIV infection. These include:

- Avoiding sexual intercourse with anyone who is known to be infected or who is at risk of being infected or whose HIV infection status is not known.
- Using a latex condom with spermicide if they engage in sexual intercourse.
- Seeking treatment if addicted to illicit drugs.
- Not sharing needles or other injection equipment.
- Seeking HIV counseling and testing if HIV infection is suspected.

State and local education and health agencies should work together to assess the prevalence of these types of risk behavior, and their determinants, over time.

SAMPLE CRITERIA FOR EVALUATING AN AIDS EDUCATION PROGRAM

- Are parents, students, health professionals, and appropriate community representatives involved in developing, field-testing, implementing, and assessing the program?
- Is the program implemented as an integral part of a comprehensive K-12 school health education program?
- Does the program fairly represent the values and mores of the community?
- Is the program clearly communicated to both staff and community?
- Is adequate training provided for those responsible for instruction about AIDS, including school administrators, teachers, nurses, and counselors?
- Is the program taught by regular classroom teachers at the elementary level, and by teachers who are trained and qualified at the secondary level?
- Is the program designed to help teenage students recognize the need to avoid specific behaviors that increase the risk of contracting AIDS?
- Does the program describe and stress the benefits of abstinence for young people, and mutually monogamous relationships for adults?
- Is the program designed to help students acquire essential knowledge and skills to protect themselves from the risk of contracting AIDS if they are sexually active?
- Is the program designed to help students acquire essential knowledge and skills to protect themselves from becoming drug abusers or to protect themselves from the risk of contracting AIDS if they are drug abusers?
- Is the program sensitive to young people's stages of psycho-social development with careful attention to ethno-cultural differences among students?
- Are sufficient program development time, classroom time, and instructional materials provided for education about AIDS?
- Is someone assigned to monitor the most recent data to keep the program up to date with current developments?
- Is there adequate financial support to ensure continuation of the program?
- Is there a process established for conducting this evaluation?

SAMPLE LEARNER OUTCOMES

AIDS education should be within the framework of a comprehensive K-12 health education program. Such values as respect for self and others, the integrity and value of family membership, marriage and parenthood, and the validity of promoting premarital abstinence as appropriate behavior for students should be stressed. It is within this context that the following learner outcomes should be placed. They are consistent with the guidelines of the Centers for Disease Control.

These AIDS-specific learner outcomes focus solely on providing the student with an informational base about the disease. They do not identify learner attitudes or behaviors. Integrating this AIDS-specific informational base within the existing health education program and tailoring this information so that it is in keeping with local community expectations for its students must be and can only be accomplished at the local level.

The CDC suggested learner outcomes are provided in three broad grade-level categories:

Early elementary
Late elementary/middle school
Junior high/senior high school.

These categories are purposely broad. We do not want to imply there is any narrow set of grade levels that are best for presentation of particular information. The breadth and overlapping of the categories emphasizes the extreme importance for each school district to determine for itself the grade-appropriateness of the subject matter within the context of its local values and customs.

For instance, this sample set of learner outcomes and specific objectives suggests that students somewhere in the junior high school, senior high school grades will understand the chain of infection for the AIDS virus and how to break it. Each local community must determine for itself the exact grade(s) within this range in which this subject is appropriate for its students.

Early Elementary School

Education about AIDS for students in early elementary grades principally should be designed to allay excessive fears of the epidemic and of becoming infected. The student should understand:

- AIDS is a disease that is causing some adults to get very sick, but it does not commonly affect children.
- AIDS is very hard to get. You cannot get it just by being near or touching someone who has it.
- Scientists all over the world are working hard to find a way to stop people from getting AIDS and to cure those who have it.

Late Elementary/Middle School

Education about AIDS for students in late elementary/middle school grades should be designed with consideration for the following information.

- Viruses are organisms too small to be seen by the unaided eye.
- Viruses can be transmitted from an infected person to an uninfected person through various means.
- Some viruses cause disease among people.
- Persons who are infected with some viruses that cause disease may not have any signs or symptoms of disease.
- AIDS (an abbreviation for acquired immunodeficiency syndrome) is caused by a virus that weakens the ability of infected individuals to fight off disease.
- People who have AIDS often develop a rare type of severe pneumonia, a cancer called Kaposi's sarcoma, and certain other diseases that healthy people normally do not get.
- About 1 to 1.5 million of the total population of approximately 240 million Americans currently are infected with the AIDS virus and consequently are capable of infecting others.

- People who are infected with the AIDS virus live in every state in the United States and in most other countries of the world. Infected people live in cities as well as in suburbs, small towns, and rural areas. Although most infected people are adults, teenagers can also become infected. Females as well as males are infected. People of every race are infected, including whites, blacks, Hispanics, Native Americans, and Asian/Pacific Islanders.
- The AIDS virus can be transmitted by sexual contact with an infected person; by using needles and other injection equipment that an infected person has used; and from an infected mother to her infant before or during birth. The virus also can be transmitted, far more rarely, when doctors, nurses, and other medical personnel who do not wear protective clothing are directly exposed to infected blood.
- It sometimes takes several years after becoming infected with the AIDS virus before symptoms of the disease appear. Thus, people who are infected with the virus can infect other people — even though the people who transmit the infection do not feel or look sick.
- Most infected people who develop symptoms of AIDS only live about 2 years after their symptoms are diagnosed.
- The AIDS virus cannot be caught by touching someone who is infected, by being in the same room with an infected person, or by donating blood.

Junior High/Senior High School

Education about AIDS for students in junior high/senior high school grades should be developed and presented taking into consideration the following information.

- The virus that causes AIDS and other health problems is called human immunodeficiency virus, or HIV.
- The risk of becoming infected with HIV can be virtually eliminated by not engaging in sexual activities and by not using illegal intravenous drugs.
- Sexual transmission of HIV is not a threat to those uninfected individuals who engage in mutually monogamous sexual relations.
- HIV may be transmitted in any of the following ways: by sexual contact with an infected person; by using needles or other injection equipment that an infected person has used; from an infected mother to her infant before or during birth; and, more rarely, through unprotected exposure of health-care workers to infected blood.
- The following are at increased risk of having the virus that causes AIDS and, consequently, of being infectious: persons with clinical or laboratory evidence of infection; males who have had sexual intercourse with other males; persons who have injected illegal drugs; persons who have had numerous sexual partners, including male or female prostitutes; persons who received blood clotting products before 1985; sex partners of infected persons or persons at increased risk; and infants born to infected mothers.
- The risk of becoming infected is increased by having a sexual partner who is at increased risk of having contracted the AIDS virus (as identified previously), practicing sexual behavior that results in exchange of body fluids (i.e., semen, vaginal secretions, blood), and using unsterile needles or paraphernalia to inject drugs.
- Although no transmission from deep, open-mouth, or "French" kissing has been documented, such kissing theoretically could transmit HIV from an infected to an uninfected person through direct exposure of mucous membranes to infected blood or saliva.
- In the past, medical use of blood, such as transfusing blood and treating hemophiliacs with blood

clotting products, has caused some people to become infected with HIV. However, since 1985, all donated blood has been tested to determine whether it is infected with HIV; moreover, all blood clotting products have been made from screened plasma, and have been heated to destroy any HIV that might remain in the concentrate. Thus, the risk of becoming infected with HIV from blood transfusions and from clotting products is virtually eliminated. Cases of HIV infection caused by these medical uses of blood will continue to be diagnosed, however, among people who were infected by these means before 1985.

- Persons who continue to engage in sexual intercourse with persons who are at increased risk or whose infection status is unknown should use a latex condom (not natural membrane) to reduce the likelihood of becoming infected. The latex condom must be applied properly and used from start to finish for every sexual act. Although a latex condom does not provide 100% protection — because it is possible for the condom to leak, break, or slip off — it provides the best protection for people who do not maintain a mutually monogamous relationship with an uninfected partner. There may be added benefit to using condoms in conjunction with spermicides that seem active against HIV and other sexually transmitted organisms.
- Behavior that prevents exposure to HIV also prevents unintended pregnancies and exposure to the organisms that cause chlamydia infection, gonorrhea, herpes, human pappillomavirus, and syphilis.
- Persons who believe they may be infected with the AIDS virus should take precautions not to infect others and to seek counseling and antibody testing to determine whether they are infected. If persons are not infected, counseling and testing can relieve unnecessary anxiety and reinforce the need to adopt or continue practices that reduce the risk of infection. If persons are infected, they should: take precautions to protect sexual partners from becoming infected; advise previous and current sexual or drug-use partners to receive counseling and testing; take precautions against becoming pregnant; and seek medical care so that medical personnel can help them try to keep from developing AIDS as well as other medical problems that may result from a weakened immunologic system.

More detailed information about AIDS, including information on how to receive counseling and testing for HIV, can be obtained by telephoning the hotlines listed in this book's resource section or the appropriate state or local health department.

SAMPLE LESSON PLANS

On the following pages, one sample learner outcome from each grade level category has been expanded into a *SAMPLE* lesson plan. These lesson plans are only intended to be samples — examples of how a district might go about developing its own lesson plans for each of its own learner outcomes in order to establish its own comprehensive and cohesive curriculum. These samples are not meant to be prescriptive.

The sample lesson plans follow a specific pattern of development:

- **Acquiring Information** — A teacher-directed segment designed to allow the students to acquire new information.
- **Integrating Information** — A student-directed segment designed to take the information and integrate it with what the student may already know from studies in other subjects. In this segment, the student engages in activities where there are opportunities for discussion, for clarification, and for making comparisons.
- **Decision Making** — Students have an opportunity to participate in activities where they can draw conclusions or make decisions.

This process of a three-segment pattern to each lesson permits the teacher and students to interact as information is shared. It encourages students to think, to clarify their thoughts, and to reach conclusions (make decisions). "Teacher Vocabulary" and "Teacher Materials" sections accompany each lesson, as well as descriptive diagrams when appropriate.

The sample learner outcome selected from each grade level to be expanded into a sample lesson plan has been highlighted in both the previous section on Sample Learner Outcomes and the appropriate Sample Lesson Plan. This has been done to help relate the lesson plan material directly to the learner outcomes.

SAMPLE LESSON PLAN: Early Elementary School

Sample Learner Outcome: AIDS is very hard to get. You cannot get it just by being near or touching someone who has it.

Specific Objective: Student will understand that AIDS is a communicable disease; unlike colds or flu, AIDS is hard to get: and you cannot get AIDS from casual contact.

Acquiring Information

- With the class, the teacher will list common diseases on newsprint or chalkboard, such as:
  - Cold
  - Flu
  - Chicken pox
  - Strep throat.
- With the class, the teacher will list not-so-common diseases the students may have heard about, such as:
  - Heart attack
  - Stroke
  - AIDS
  - Arthritis.

Integrating Information

- Teacher will help students to define "communicable" and "non-communicable," and ask students to categorize diseases listed.
- Teacher will help students to define "hard to get" and "easy to get" diseases and ask students to categorize diseases listed.
- Teacher will help students to identify the ways diseases are spread, such as:
  - Through bacteria or viruses in food/water/air.
- Teacher will help students to identify behaviors to prevent the spread of communicable diseases, such as:
  - Covering mouth when coughing and sneezing
  - Washing hands
  - Using tissues with a cold
  - Staying home when sick.

Using Information for Decision Making

- Students will decide how to prevent the spread of communicable diseases.
- Students will make a collage showing those behaviors that help to prevent the spread of communicable diseases.
- Students will make a mobile showing those diseases that are "hard to get" and "easy to get."

Teacher Notes/Vocabulary

- Communicable
- Non-communicable
- Virus

Teacher Materials

- Newsprint or chalkboard
- Markers, crayons
- Magazines
- String and hangers

SAMPLE LESSON PLAN: Late Elementary/Middle School

Sample Learner Outcome: Most infected people who develop symptoms of AIDS live about two years after their symptoms are diagnosed.

Specific Objective: Student will understand that AIDS is a communicable disease that destroys the immune system and causes death.

Acquiring Information

- With the class, the teacher will discuss the basic concepts of the immune system.
- With the class, the teacher will discuss the course of the cold viruses and human immunodeficiency virus (HIV) in the immune system (Diagram A).

Integrating Information

- Students will identify the course of a cold virus in the immune system.
- Students will identify the course of HIV in the immune system.
- Students will differentiate between the course of a cold virus and HIV in the immune system (Diagram A).
  - Airborne/bloodborne
  - Antibodies effective/antibodies ineffective
  - Virus destroyed by T-cells/virus (HIV) not killed by T-cells
  - Immune system intact/immune system deficient
  - Person lives/person dies.

Using Information for Decision Making

- Students will depict the role of the immune system in defending the body against HIV and a cold virus using various artistic media (dioramas, posters, paintings, animation, etc.).
- Students will create a book jacket and table of contents for a pamphlet on the working of the immune system against HIV and a cold virus.

Teacher Notes/Vocabulary

- Immune system
- Antibodies
- T-cells
- Opportunistic infection
- Antigen

Teacher Materials

- Art materials
- Diagram A — The Immune System

SAMPLE LESSON PLAN: Junior High/Senior High School

Sample Learner Outcome: The risk of becoming infected is increased by having a sexual partner who is at increased risk of having contracted the AIDS virus (as identified previously), practicing sexual behavior that results in exchange of body fluids (i.e., semen, vaginal secretions, blood), and using unsterile needles or paraphernalia to inject drugs.

Sample Specific Objective: Student will understand the "chain of infection" for the AIDS virus and how to break it.

Acquiring Information

- With the class, the teacher will present the concept of "chain of infection" (Diagram B).
- With the class, the teacher will discuss how the varicella virus can be transmitted from one person to another. Teacher will build a "chain of infection" for the varicella virus (chicken pox), discussing each point (Diagram C.).
- With the class, the teacher will build a "chain of infection" for HIV, discussing each point (Diagram D.).
- Using the "chain of infection" for varicella virus (chicken pox), the teacher will discuss how to break the "chain of infection" for chicken pox (Diagram E.).
- Using the "chain of infection" for HIV, the teacher will discuss how to break the "chain of infection" for AIDS (Diagram F.).

Integrating Information

- Students will differentiate between transmission of varicella virus and HIV.
- Students will identify the ways that HIV can be transmitted:
  - Sexual intercourse with infected partners
  - Sharing needles and other paraphernalia with infected partners
  - Infected mother to baby
  - Transfusion of infected blood or blood products.
- Students will identify the ways that HIV *cannot* be transmitted:
  - Casual contact - touching someone with AIDS, taking care of someone with AIDS, swimming pools, sneezing, coughing, toilets, mosquitoes, etc.
- Students will identify the ways to break the "chain of infection" for the varicella virus (chicken pox):
  - Hand washing
  - Isolating infected person
  - Avoiding contaminated clothing
  - Avoiding contact with skin
  - Immunization (now being tested).
- Students will identify the ways to break the "chain of infection" for AIDS:
  - Abstaining from sexual intercourse
  - Abstaining from illegal drug use
  - Not exchanging infected blood, infected blood products, or body fluids (semen, vaginal secretions) with another person.
  - Using a latex condom with spermicides when engaging in sexual intercourse.

Using Information for Decision Making

- Students will prepare "question cards" in True/False format for use in an AIDS-related High School Bowl.
- Students will prepare a sample AIDS information pamphlet for students in lower grades.
- Students will create a sample media campaign to inform the general public about how to prevent AIDS infection.

Teacher Notes/Vocabulary

- Asymptomatic
- Symptomatic
- Incubation period
- Antibodies
- AIDS
- Carrier
- HIV
- Opportunistic infection
- Antigen
- ARC

Teacher Materials

Diagrams

B – Chain of Infection

C – Chain of Infection – varicella virus (chicken pox)

D – Chain of Infection – Human Immunodeficiency Virus (HIV)

E – Breaking Varicella Virus Chain of Infection

F – Breaking HIV Chain of Infection

CONCLUSION

These materials are provided as a point of departure for the development of your own district AIDS education program. We believe their best use will be as guidelines for process planning and for providing a framework for community dialogue during the establishment of such a program. They may also prove helpful in encouraging the development of appropriate personnel and student enrollment policies.

It is imperative that we break the chain of AIDS infection, not only in this country, but worldwide. At present the most effective means of doing this is through education. We know that concrete, realistic information about AIDS, placed within the context of a comprehensive health education program, can greatly encourage responsible behavior by young people and by the adults they will become. Therefore, an AIDS education program must be established in every school district in America. To do less is simply irresponsible.

GLOSSARY

Abstinence — No sexual intercourse, no intravenous drug use.

AIDS — Acquired Immune Deficiency Syndrome — A disease caused by HIV that breaks down the body's immune system, making it vulnerable to opportunistic infections.

Antibodies — Substances in the blood produced by the body's immune system to fight against invading organisms.

Antigen — A substance that stimulates the production of antibodies.

ARC — AIDS Related Complex — A condition caused by HIV in which the individual tests positive for HIV and has a specific set of clinical symptoms that are not as severe as those of AIDS.

Asymptomatic — No apparent symptoms of illness, even though the individual tests positive for HIV.

Blood transfer — The act of transmitting blood from one individual to another. In pregnancy it occurs between the mother and unborn baby through the umbilical cord.

Carrier — A person who harbors a specific infectious agent, in the absence of clinical disease, and serves as a potential source of infection.

Casual contact — The usual daily interaction between people at work, in school, or in social situations.

Communicable disease — A disease transmitted by direct or indirect contact and capable of spreading from one person to another. It is caused by bacteria, viruses, and other organisms or their toxic products.

Condom — A sheath used to cover the penis. Condoms come in a variety of materials. Latex is the material that best prevents penetration of HIV. When used during sexual intercourse, a condom helps prevent the transmission of semen, blood, or vaginal secretions and protect against HIV.

Contaminated needle — A needle that has been previously used, with infected blood or blood particles left on the needle to be passed on to the next user.

Fetus — Unborn baby developing in the uterus after the end of the second month of pregnancy. Before eight weeks, it is called an embryo.

HIV — Human Immunodeficiency Virus. It causes AIDS by attacking the body's immune system — making infected people vulnerable to fatal infections, cancer, and neurological disorders.

Host — Any person in whom an infectious agent can live and multiply.

Illegal drugs — Drugs that are not obtained through legal means or for legitimate medical purposes.

Immune system — A system that provides the body with protection against invading organisms such as bacteria or viruses and helps to prevent disease.

Immunization — A method of producing resistance to a disease, usually by vaccination or inoculation.

Incubation period — The time interval between invasion by an infectious agent and appearance of the first sign or symptom of the disease in question.

Infected partner — Individual in a sexual relationship who is carrying the AIDS virus (HIV) in his or her body.

Infectious agent — An organism (virus, bacteria) that is capable of producing infection or infectious disease.

Intravenous drugs — Drugs that are administered through a needle and syringe and injected directly into a vein and, thus, into the blood stream.

Kaposi's sarcoma — A cancer or tumor of the blood or lymphatic vessel walls. It usually appears as blue-violet to brownish skin blotches or bumps and is an opportunistic disease.

Lymphocytes — A variety of colorless corpuscles formed in the tissue of the lymph glands and passed by the lymph into the blood.

Method of entry — Manner in which organisms enter the host's body.

Method of exit — Manner in which organisms leave the host's body.

Mode of transmission — Manner in which an infectious agent is transmitted from one person to another.

Monogamous — Having sexual intercourse with only one individual over a very long period of time.

Noncommunicable disease — A disease that cannot be transmitted from person to person.

Opportunistic infection — An infection caused by a microorganism that rarely causes disease in persons with a normal immune system.

Pustules — A small elevation of the skin containing pus.

Semen — The fluid that is expelled from the penis during sexual activity.

Sexual intercourse — Physical sexual contact between individuals that involves the genitalia of at least one person. Includes vaginal intercourse, oral intercourse, and anal intercourse.

Susceptible host — A person not possessing sufficient resistance against a particular organism to prevent contracting the infection when exposed to the organism.

T-cells — A class of lymphocytes that plays a major role in carrying out the activities of the immune system. Some T-cells are called helper T-cells.

Transmission — The passing of infectious agents from one person to another.

Uterus (womb) — Hollow, muscular, pear-shaped organ in females in which the unborn baby develops.

Vaginal secretions — Fluids within the vaginal tract.

Virus — A microscopic organism that can cause infection.

RESOURCES

ORGANIZATIONS

More detailed information about AIDS can be obtained by contacting:

The American Red Cross, AIDS Education Office, 1730 D St. N.W., Washington, DC 20006; 202/737-8300.

U.S. Centers for Disease Control, 1600 Clifton Road N.E., Atlanta, GA 30333; 404/639-3311.

Center for Attitudinal Healing, 19 Main St., Tiburon, CA 94920; 415/435-5022.

National Coalition of Hispanic Health and Human Services Organizations, 1030 15th St. N.W., Suite 1053, Washington, DC 10005 (provides AIDS information in Spanish); 202/371-2100.

U.S. Public Health Service, Public Affairs Office, Hubert H. Humphrey Building, Room 725-H, 200 Independence Ave. S.W., Washington, DC 20201; 202/245-6867.

The state or local health department (see local phone directory or call local information operator).

CURRICULA

States that have developed instructional materials:

Alabama (for grades 7-12)
Connecticut (for grades 9-12)
Delaware (standards for grades K-12)
District of Columbia (for grades 4-6, 7-9, and 10-12)
Georgia (for grades 9-12)
Hawaii (for grades 7-12)
Indiana (for grades 9-12)
Iowa (for junior and senior high)
Maryland (for grades 7-12)
Massachusetts (for grades 9-12; adaptable for grades 7-8)
Michigan (module and video for grades 11 and 12)
Minnesota (materials address the needs of all students)
Nebraska (for elementary, secondary, and high school)
Nevada (for grades 3-12)
New Jersey (for grades 7-8 and grades 9-12)
New York (for grades K-12)
New Mexico (teacher's guide for local adaptation)
Ohio (for ages 12 and older)
Oklahoma (a general teacher's guide)
Oregon (for grades 4-6, 7-8, and 9-12)

AIDS Curriculum (three lessons), Eugene Public Schools, Oregon State Health Division, AIDS Education Program, P.O. Box 231, Portland, OR 97207; 503/229-5792; 1986.

AIDS Prevention Program for Youth, American Red Cross, AIDS Education Office, 1730 D St. N.W., Washington, DC 20006; 202/737-8300. Materials and prices: "Letter from Brian," a videô free on loan, $95 for purchase; teacher's manual, $8.75 for five copies; student workbooks, $25 for 25 copies; parents' brochure, $4.50 for 100 copies.

AIDS: What Young Adults Should Know (three-lesson curriculum with 12 activities), William L. Yarber, American Alliance Publications, American Alliance for Health, Physical Education and Dance, P.O. Box 704, Waldorf, MD 20601; 1987. Prices (estimated): teachers guide $8.95; student workbook $2.50, 30 or more $1.

Criteria for Evaluating an AIDS Curriculum, National Coalition of Advocates for Students, 100 Boylston St., Suite 737, Boston, MA 02116; 617/357-8507. Price $2 postage and handling.

Educator's Guide to AIDS and Other STD's (comprehensive STD curriculum with a full unit devoted to AIDS), S. Sroka and L. Calabrese, Health Education Consultants, 1283 Manor Park, Lakewood, OH 44107; 216/521-1766; 1987.

STD: Sexually Transmitted Diseases (six-unit STD curriculum, includes AIDS information throughout plus a separate unit on AIDS), American Social Health Association, P.O. Box 13827, Research Traingle Park, NC 27709; 919/361-2742; 1987.

Teaching AIDS (seven lesson plans, worksheets, and a resource listing), Network Publications/ETR Associates, 1700 Mission St., P.O. Box 1830, Santa Cruz, CA 95061-1830; 408/429-9822. Price $14.95, plus $2.24 shipping.

Teaching Aids: A Resource Guide on Acquired Immune Deficiency Syndrome, Marcia Quackenbush and Pamela Sargent, Network Publications/ETR Associates, 1700 Mission St., Suite 203, Box 1830, Santa Cruz, CA 95061-1830; 408/429-9822; 1986. Price $14.95.

PAMPHLETS AND BROCHURES

AIDS – A Public Population Information Program, Population Information Program, Johns Hopkins University, 624 N. Broadway, Baltimore, MD 21205; 301/955-8200; July-Aug. 1986. Price $1.

AIDS and Drugs (grade 8 reading level, for past or current intravenous drug users), New York City Department of Health, Division of Health Promotion, 125 Worth St., New York, NY 10013; 212/566-7103; 1986.

AIDS and Other Sexually Transmitted Diseases (grade 10 reading level), Los Angeles Unified School District, Office of Instruction, 450 N. Grand Ave., Los Angeles, CA 90012; 213/625-6403; 1986.

AIDS – Could I Get It? (grade 7 reading level), Dimension Communications Network/RAMSCO Publishing Co., P.O. Box N, Laurel, MD 20707; 301/953-3699; 1986.

AIDS: Fears and Facts (grade 9 reading level), Michael H. K. Irwin, Public Affairs Pamphlets, No. 639, 381 Park Ave. South, New York, NY 10016; 212/683-4331; 1986. Price $1 plus postage.

AIDS Hotline (grade 7 reading level, Spanish/English), Gay Men's Health Crisis, Inc., Box 274, 132 W. 24th St., New York, NY 10011; 212/807-6655; 1986.

AIDS Information for Young People (grade 7 reading level), Channing L. Bete Co., Inc., 200 State Road, South Deerfield, MA 01373; 413/665-7611; 1986.

AIDS in the Black Community – The Facts (grade 9 reading level), National Coalition of Black Lesbians and Gays, P.O. Box 2490, Washington, DC 20013; 202/254-7117; 1986.

AIDS Prevention & Safe Sex (grade 7 reading level), Caren Haas, P.O. Box 101, Walnut Creek, CA 94596; (California) 800/982-5883, (rest of U.S.) 800/227-8922; 1986.

AIDS: Understanding and Prevention (for grades 9-12), Merrill Publishing Co., 936 Eastwin Drive, Westerville, OH 43081; 614/890-1111. Price free to school district; otherwise, single copies $6, bulk order $2.97 each.

AIDS: What You Should Know (for grades 6-8), Merrill Publishing Co., 936 Eastwin Drive, Westerville, OH 43081; 614/890-1111. Price free to school district; otherwise, single copies $6, bulk order $2.97 each.

Andrea and Lisa (grade 7 reading level), Health Education Resource Organization (HERO), 101 W. Read St., Suite 812, Baltimore, MD 21201; 301/685-1180; 1987.

Guidelines for Effective School Health Education to Prevent the Spread of AIDS, "Morbidity and Mortality Weekly Report," Vol. 37, No. 28, U.S. Centers for Disease Control, 1600 Clifton Road N.E., Atlanta, GA 30333; 404/639-6311; Jan. 1988.

Safe Sex (grade 8 reading level, for sexually active college students), American College Health Association, 15879 Crabbs Branch Way, Rockville, MD 20800; 301/963-1100; 1986.

Straight Talk About Sex and AIDS (grade 9 reading level), San Francisco AIDS Foundation, 333 Valencia St., 4th Floor, San Francisco, CA 94103; 415/863-2437; 1986.

Teens & AIDS: Playing It Safe (grade 7 reading level), American Council of Life Insurance and the Health Insurance Association of America, 1001 Pennsylvania Ave. N.W., Washington, DC 20004; 202/624-2372. Price single copies free, packages of 100, $10.

The Facts About AIDS, National Education Association, NEA Communications, 1201 16th St. N.W., Washington, DC 20036; 202/833-4000; Aug. 1987.

What Women Should Know About AIDS (grade 8 reading level), Network Publications/ETR Associates, 1700 Mission St., Suite 203, P.O. Box 1830, Santa Cruz, CA 95061-1830; 408/429-9822; 1986.

What Do We Know About AIDS? (grade 9 reading level), Network Publications/ETR Associates, 1700 Mission St., Suite 203, P.O. Box 1830, Santa Cruz, CA 95061-1830; 408/429-9822; 1985.

What Everyone Should Know About AIDS (grade 10 reading level, Spanish/English), Channing L. Bete Co., 200 State Road, South Deerfield, MA 01373; 413/665-7611; 1987.

When a Friend Has AIDS ... (grade 8 reading level, Spanish/English), Chelsea Psychotherapy Associates, 80 Eighth Ave., Suite 1305, New York, NY 10011; 212/206-0045; 1984.

Women and AIDS (grade 9 reading level), San Francisco AIDS Foundation, 333 Valencia St., 4th Floor, San Francisco, CA 94103; 415/863-2437; 1986.

You Don't Have To Be White Or Gay To Get AIDS (grade 5 reading level), Health Education Resource Organization (HERO), 101 W. Read St., Suite 812, Baltimore, MD 21201; 301/685-1180; 1986

PARENT MATERIALS

AIDS and Children: Information for Parents of School Age Children, American Red Cross, AIDS Education Office, 1730 D St. N.W., Washington, DC 20006; 202/737-8300.

AIDS and the Education of Our Children: A Guide for Parents and Teachers (28 pages), U.S. Department of Education, Consumer Information Center, Dept. ED, Pueblo, CO 81009; 719/948-3334. Price free.

How to Talk to Your Children About AIDS, Ronald Moglia and Ann Welcourne Moglia, Sex Information and Education Council of the U.S., New York University, SIECUS Library, 5th Floor, 32 Washington Place, New York, NY 10003; 212/673-3850. Price free (2 copies); 3 to 50 copies $.60 each.

Your Child and AIDS (grade 10 reading level), San Francisco AIDS Foundation, 333 Valencia St., 4th Floor, San Francisco, CA 94103; 415/863-2437; 1986.

FILM AND VIDEO MATERIALS

AIDS: Acquired Immune Deficiency Syndrome (18 minutes), Walt Disney Educational Media Company, 500 S. Buena Vista St., Burbank, CA 91521; 818/840-1000; 1986.

AIDS Alert (17 minutes), Health Alert Division of CMG, Inc., 123 Fourth St. N.W., Charlottesville, VA 22901; 804/296-6138; 1985.

AIDS Alert – Update 1987, Encyclopedia Britannica Educational Corporation Films and Video, 425 N. Michigan Ave., Chicago, IL 60611; 800/558-6968; 1987.

AIDS – An Educational Program (interactive video disc for staff development), American Association of School Administrators, 1801 N. Moore St., Arlington, VA 22209-9988; 703/528-0700. Price $995.

AIDS: An Enemy Among Us, Churchill Films, 662 N. Robertson Blvd., Los Angeles, CA 90069-5089; 800/334-7830, (in California, call collect – 213/657-5110); 1986.

AIDS: Answers For Young People, Churchill Films, 662 N. Robertson Blvd., Los Angeles, CA 90069-5089; 800/334-7830, (in California, call collect – 213/657-5110); 1986.

AIDS: Education's Deadly Imperative (20 minute slide/tape community information program), American Association of School Administrators, 1801 N. Moore St., Arlington, VA 22209-9988; 703/528-0700; 1988. Price $120.

AIDS: Everything You Should Know (with Whoppi Goldberg), AIMS Media, 6901 Woodley Ave., Van Nuys, CA 91406; 800/367-2467; 1986.

AIDS: Facts and Fears, Crisis and Controversy, Lucerne Media, 37 Ground Pine Road, Morris Plains, NJ 07950; 800/341-2293; 1987.

AIDS: Facts Over Fears, NOVA/Coronet/MTI Film and Video, 108 Wilmot Road, Deerfield, IL 60015; 800/621-2131; 1987.

AIDS in the Workplace – A Three Hour Teleconference, PBS Video, 475 L'Enfant Plaza S.W., Washington, DC 20024. Price $395 for 3/4" (set of three tapes); $345 for VHS or Beta.

AIDS in Your School (17 minutes), Peregrine Productions, 330 Santa Rita Ave., Palo Alto, CA 94301; 415/323-4903; 1986.

AIDS: Our Worst Fears, Films for the Humanities, Inc., Box 2053, Princeton, NJ 08543; 800/257-5126; 1987.

AIDS: Profile of an Epidemic – Update (one-hour videocassette), AIDS-Update, Indiana University Audio-Visual Center, Bloomington, IN 47405; 812/335-8087; 1986. Price $180.

AIDS: Questions & Answers (14 minutes), Community TV Network, 118 W. Grand Ave., Chicago, IL 60610; 312/467-0425; 1986.

AIDS: Suddenly Sex Has Become Very Dangerous, Cuero Educational Media, Inc., distributed by Goodday Video, Inc., Cuero, TX 77954; 800/221-1426; 1987.

AIDS: What Do We Tell Our Children? Walt Disney Educational Media Company, 500 S. Buena Vista St., Burbank, CA 91521; 818/840-1000; 1986.

AIDS: What Every Kid Should Know (15 minutes), Barr Films, P.O. Box 5667, Pasadena, CA 91107; 213/793-6153; 1987.

AIDS: What Everyone Needs to Know (16 minutes), Churchill Films, 662 N. Robertson Blvd., Los Angeles, CA 90069-5089; 800/334-7830, (in California, call collect – 213/657-5110); 1986.

A Letter from Brian (27 minutes), American Red Cross, 17320 D St. N.W., Washington, DC 20006; 202/737-8300; 1987.

Beyond Fear (57 minutes), American Red Cross, 17320 D St. N.W., Washington, DC 20006; 202/737-8300; 1986.

Can AIDS Be Stopped? NOVA/Coronet/MTI Film and Video, 108 Wilmot Road, Deerfield, IL 60015; 800/621-2131; 1986.

Cell Wars, Bullfrog Films, Inc., Oley, PA 19547; 215/779-8226; 1987.

Condoms, A Responsible Option, Landmark Films, Inc., 3450 Slade Run Drive, Falls Church, VA 22042; 703/241-2030; 1986.

National AIDS Awareness Test (two-hour documentary with accompanying quiz and answer key), Corporate Communications, Area 12VW, Metropolitan Life Insurance Company, 1 Madison Ave., New York, NY 10010.

Not Ready To Die of AIDS, Films for the Humanities, Inc., Box 2053, Princeton, NJ 08543; 800/257-5126; 1987.

Sex, Choices, and You, Alfred Higgins Productions, Inc., 9100 Sunset Blvd., Los Angeles, CA 90069; 213/272-6500; 1986.

Sex, Drugs, and AIDS (20 minutes), ODN Productions, 74 Varick St., New York, NY 10013; 212/431-8923. Price $400 film, $325 video.

Sex Myths and Facts, Alfred Higgins Productions, Inc., 9100 Sunset Blvd., Los Angeles, CA 90069; 213/272-6500; 1985.

STD: Sexually Transmitted Diseases Information Program (interactive video disc for adults and young adults), American Association of School Administrators, 1801 N. Moore St., Arlington, VA 22209-9988; 703/528-0700. Price $1,895.

The AIDS Movie (26 minutes, includes teacher's discussion guide and U.S. Public Health Service's ***Facts About AIDS***), New Day Films, 22 Riverview Drive, Wayne, NJ 07470-3191; 201/633-0212; 1985.

The AIDS Show: Artists Involved With Death and Survival, Direct Cinema Limited, 445 W. Main St., Wyckoff, NJ 07481; 800/345-6748; 1986

The Subject Is: AIDS (18 minutes), ODN Productions, 74 Varick St., New York, NY 10013; 212/431-8923; 1987. Price $400 film, $325 video.

V.D.: More Bugs, More Problems, 2nd Ed., Alfred Higgins Productions, Inc., 9100 Sunset Blvd., Los Angeles, CA 90069; 213/272-6500; 1986.

GENERAL RESOURCES

Acquired Immune Deficiency Syndrome: An Annotated Bibliography of Print and Audiovisual Materials for Sale, "SIECUS Report," Vol. XV, No. 6, SIECUS, New York University, New York, NY; 202/347-5700; July-Aug. 1987.

Acquired Immune Deficiency Syndrome: 100 Questions and Answers, AIDS Institute, Education and Training, New York State Department of Health, Corning Tower, Empire State Plaza, Albany, NY 12237; 518/473-7924; 1986.

Advice for Life: A Woman's Guide to AIDS Risks and Prevention, Chris Norwood, Pantheon Books, 201 E. 50th St., New York, NY 10022; 1987.

AIDS and Adolescents: The Time for Prevention Is Now, Center for Population Options (CPO), Suite 1200, 1012 14th St. N.W., Washington, DC 20005; 202/347-5700.

AIDS and Children: Information for Teachers and School Officials, American Red Cross, AIDS Education Office, 1730 D St. N.W., Washington, DC 20006; 202/737-8300.

AIDS and the Public School (55-page report on a national NSBA conference), National School Boards Association, 1680 Duke St., Alexandria, VA 22314; 703/838-6722; Feb. 1986. Price $15.

A.I.D.S. Catalog, A.I.D.S. International/Information Distribution Service, P.O. Box 2008, Saratoga, CA 95070; 408/866-6303; 1988. Price $1.

AIDS Educator: A Catalog of AIDS Educational Materials, San Francisco AIDS Foundation, 333 Valencia St., 4th Floor, San Francisco, CA 94103; 415/863-2437; 1987.

AIDS: From the Beginning (a 450-page compendium of articles on AIDS from the ***Journal of the American Medical Association***), AMA Book and Pamphlet Fulfillment Department, 535 N. Dearborn St., Chicago, IL 60610; 800/621-8335 (outside Illinois) or 312/645-4987 in Illinois. Price $22.50

AIDS: Impact on the Schools, Roberta Weiner, Education Research Group, 1101 King St., P.O. Box 1453, Alexandria, VA 22313; 1986.

AIDS: Information for Young People, New Jersey State Department of Health, AIDS Program, 3635 Quakerbridge Rd., CN 368, Trenton, NJ 07017; 1986.

AIDS in the Workplace: Resource Material, Bureau of National Affairs, BNA Customer Service, 9435 Key West Ave., Rockville, MD 20850. Price $60.

AIDS Prevention Education, "Sex Education Coalition News," Sex Education Coalition, 2001 O St. N.W., Washington, DC 20036; 202/457-0605; Jan. 1987. Price $1.50, 25 or more $1 each.

AIDS: Principles, Practices and Politics, Inge B. Corless and Mary Pittman-Lindenman, eds., Harper & Row, 2350 Virginia Ave., Hagerstown, MD 21740.

And the Band Played On, Randy Shilts, St. Martin's Press, 175 Fifth Ave., New York, NY 10010; 1987.

Confronting AIDS: Directions for Public Health, Health Care, and Research, National Academy Press, 2101 Constitution Ave. N.W., Washington, DC 20418; 202/334-2665; 1986.

Mobilizing Against AIDS, The Unfinished Story of a Virus, Eve K. Nichols, Institute of Medicine/National Academy of Science/Harvard University Press, 79 Garden St., Cambridge, MA 02138; 1986. Price $15.

Surgeon General's Report on Acquired Immune Deficiency Syndrome, U.S. Public Health Service, Public Affairs Office, Hubert H. Humphrey Building, Room 725-H, 200 Independence Ave. S.W., Washington, DC 20201; 202/245-6867; 1986.

The Plague Years, A Chronicle of AIDS, the Epidemic of Our Times, David Black, Simon & Schuster, 1230 Avenue of the Americas, New York, NY 10020; 1986.

The Truth About AIDS: Evolution of an Epidemic, Ann Guidici Fettner and William A. Check, Holt, Rinehart & Winston, 521 Fifth Ave., 6th Floor, New York, NY 10175; 1984. Revised 1985.

Understanding AIDS: A Comprehensive Guide, Victor Gong, ed., Rutgers University Press, New Brunswick, NJ; 1985.

DATA BASES

AIDS in the Workplace: Data Report (database on local, state, and federal legislation, regulations, and guidelines), Bureau of National Affairs, BNA PLUS, 1231 25th St. N.W., Washington, DC 20037; 800/452-7773 nationwide or 202/452-4323 in Washington, DC.

AIDS School Health Education Subfile in the Combined Health Information Database (CHID): Centers for Disease Control, Center for Health Promotion and Education, Division of Health Education, Attn: AIDS School Health Education Subfile, Atlanta, GA 30333. A computerized bibliographic database of health information managed by the U.S. Public Health Service. To search the database, request a password from BRS Information Technologies (800/345-4277); or write BRS, 1200 Route 7, Latham, NY 12110. Fee for password: $75 per year.

U.S. Conference of Mayors Local A.I.D.S. Database, 202/293-7330.

Directory of Online Health Care Databases. Guide to 170 online databases in the healthcare field. AIDS International, P.O. Box 2008, Saratoga, CA 95070; 408/866-6303. Price $26.

HOT LINES

AZT (Azidothymidine) Questions; 800/843-9388.

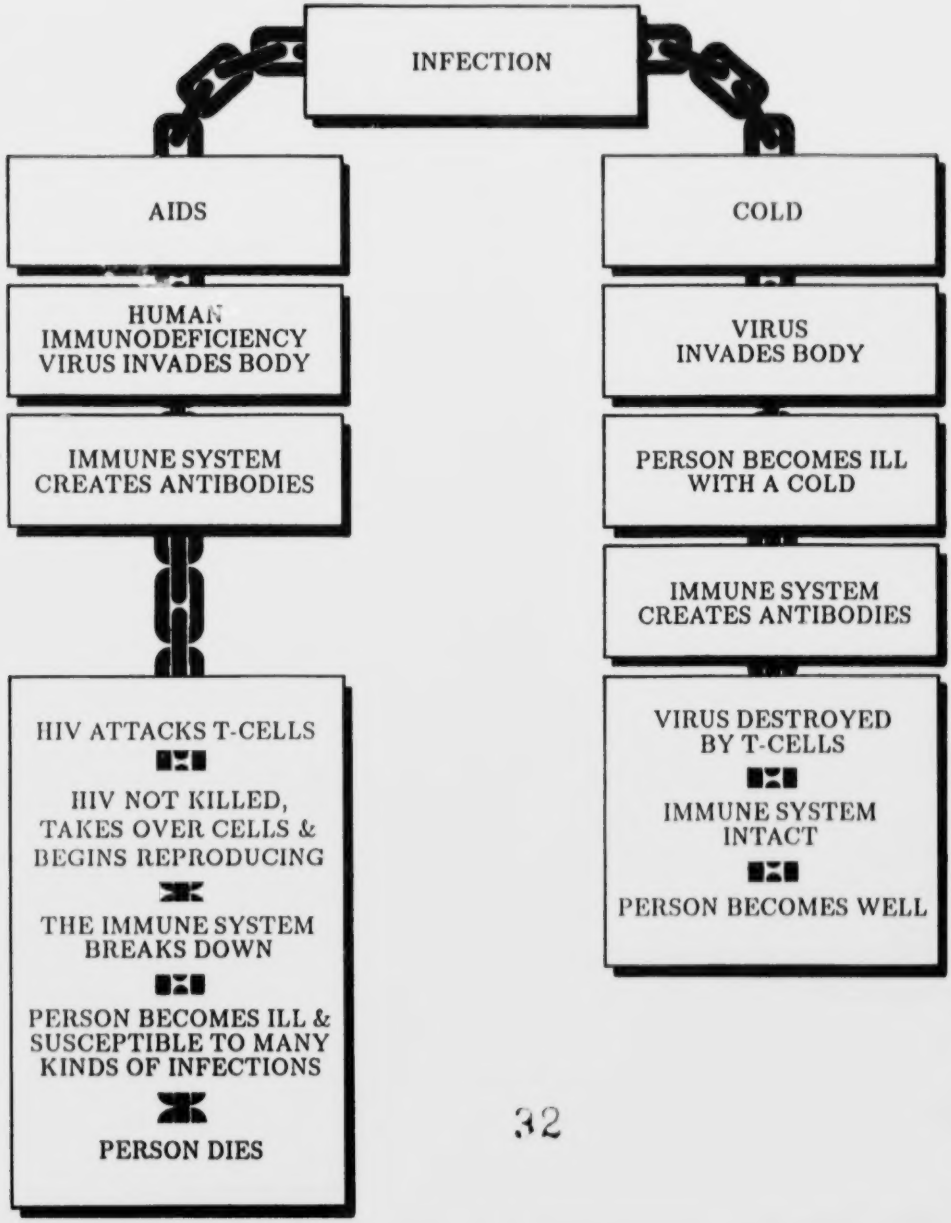
Centers for Disease Control, National AIDS Clearning House, P.O. Box 6003, Rockville, MD 20850; 800/342-7514.

The National Sexually Transmitted Diseases Hotline, American Social Health Association; 800/227-8922.

The United States Public Health Service AIDS Hotline; 800/342-AIDS.

Diagram A

THE IMMUNE SYSTEM


INFECTION
AIDS
HUMAN IMMUNODEFICIENCY VIRUS INVADES BODY
IMMUNE SYSTEM CREATES ANTIBODIES
HIV ATTACKS T-CELLS
HIV NOT KILLED, TAKES OVER CELLS & BEGINS REPRODUCING
THE IMMUNE SYSTEM BREAKS DOWN
PERSON BECOMES ILL & SUSCEPTIBLE TO MANY KINDS OF INFECTIONS
PERSON DIES
COLD
VIRUS INVADES BODY
PERSON BECOMES ILL WITH A COLD
IMMUNE SYSTEM CREATES ANTIBODIES
VIRUS DESTROYED BY T-CELLS
IMMUNE SYSTEM INTACT
PERSON BECOMES WELL

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CHAIN OF INFECTION

Diagram B

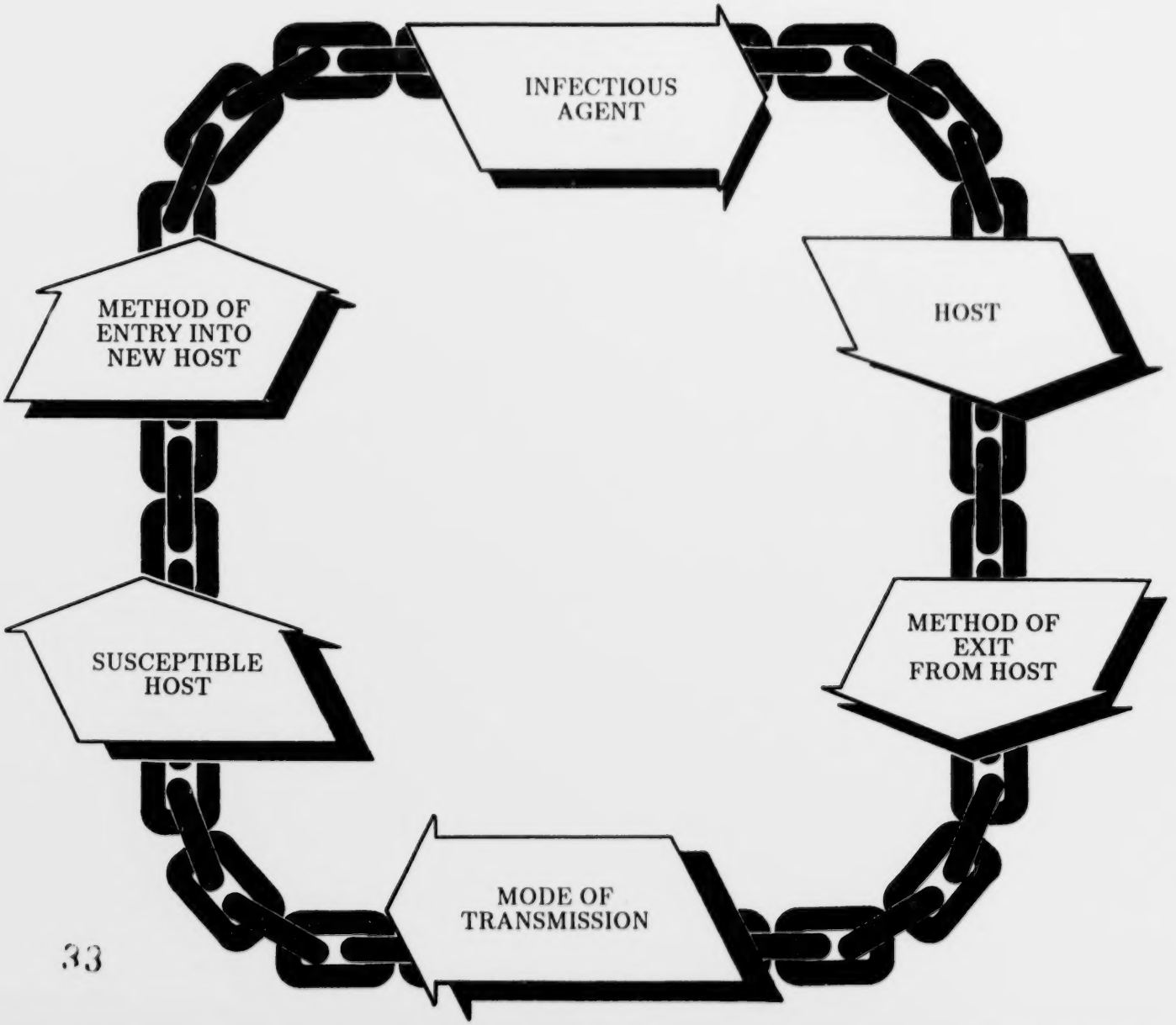
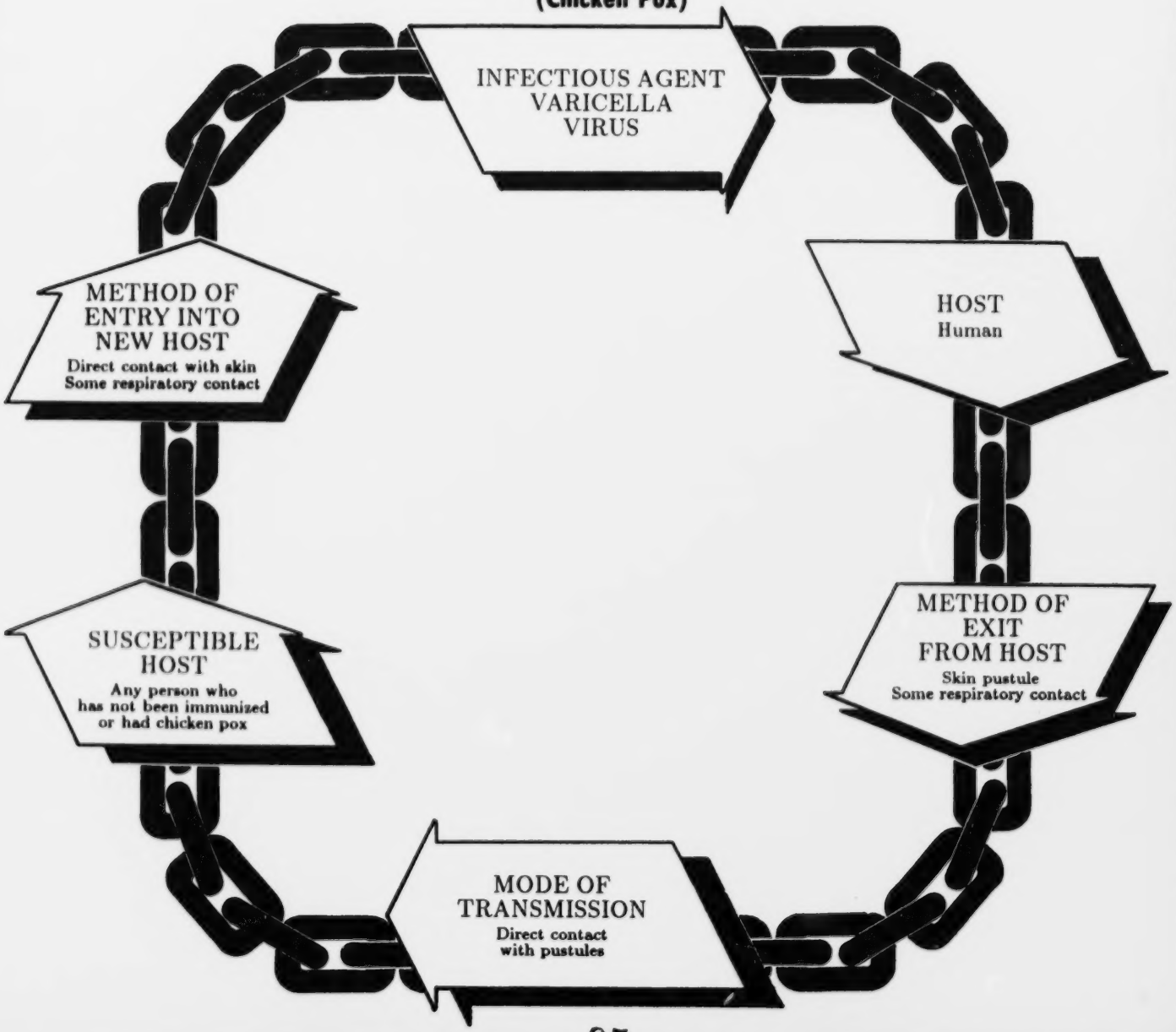


Diagram C

CHAIN OF INFECTION

FOR VARICELLA VIRUS
(Chicken Pox)



CHAIN OF INFECTION

FOR HUMAN IMMUNODEFICIENCY VIRUS (HIV)

Diagram D

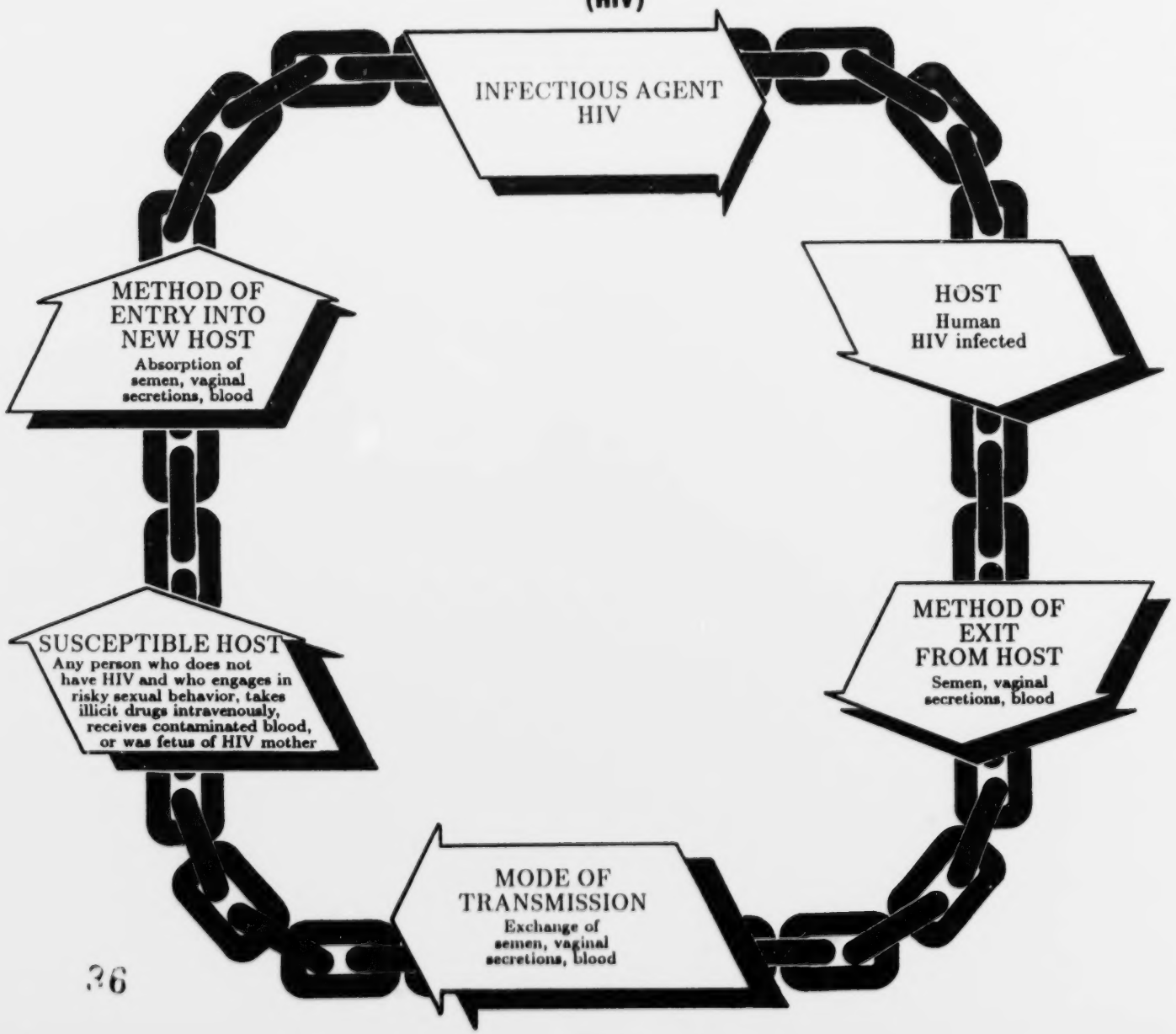
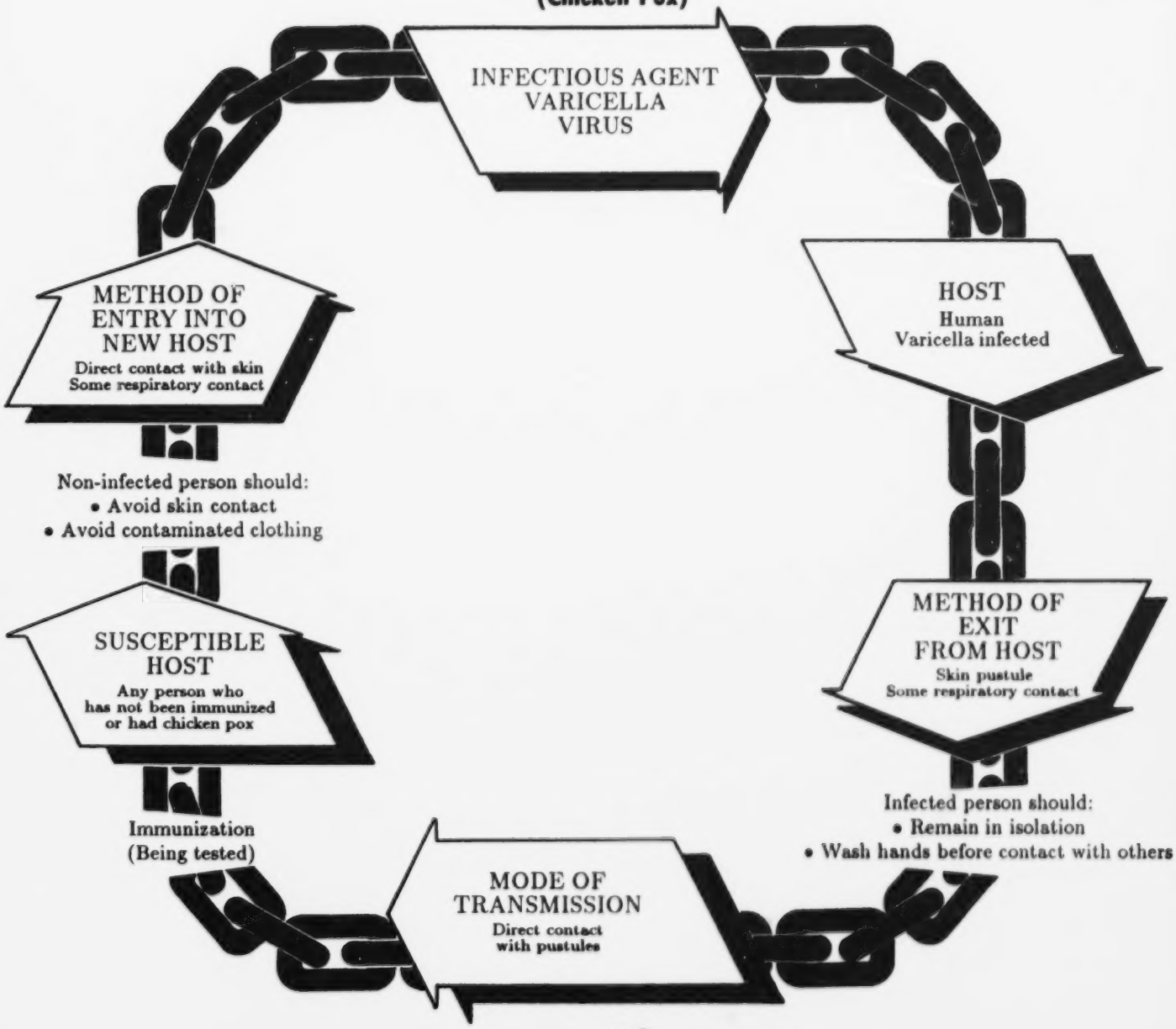

INFECTIOUS AGENT
HIV
HOST
Human
HIV infected
METHOD OF EXIT FROM HOST
Semen, vaginal secretions, blood
MODE OF TRANSMISSION
Exchange of semen, vaginal secretions, blood
SUSCEPTIBLE HOST
Any person who does not have HIV and who engages in risky sexual behavior, takes illicit drugs intravenously, receives contaminated blood, or was fetus of HIV mother
METHOD OF ENTRY INTO NEW HOST
Absorption of semen, vaginal secretions, blood

Diagram E

BREAKING THE CHAIN OF INFECTION

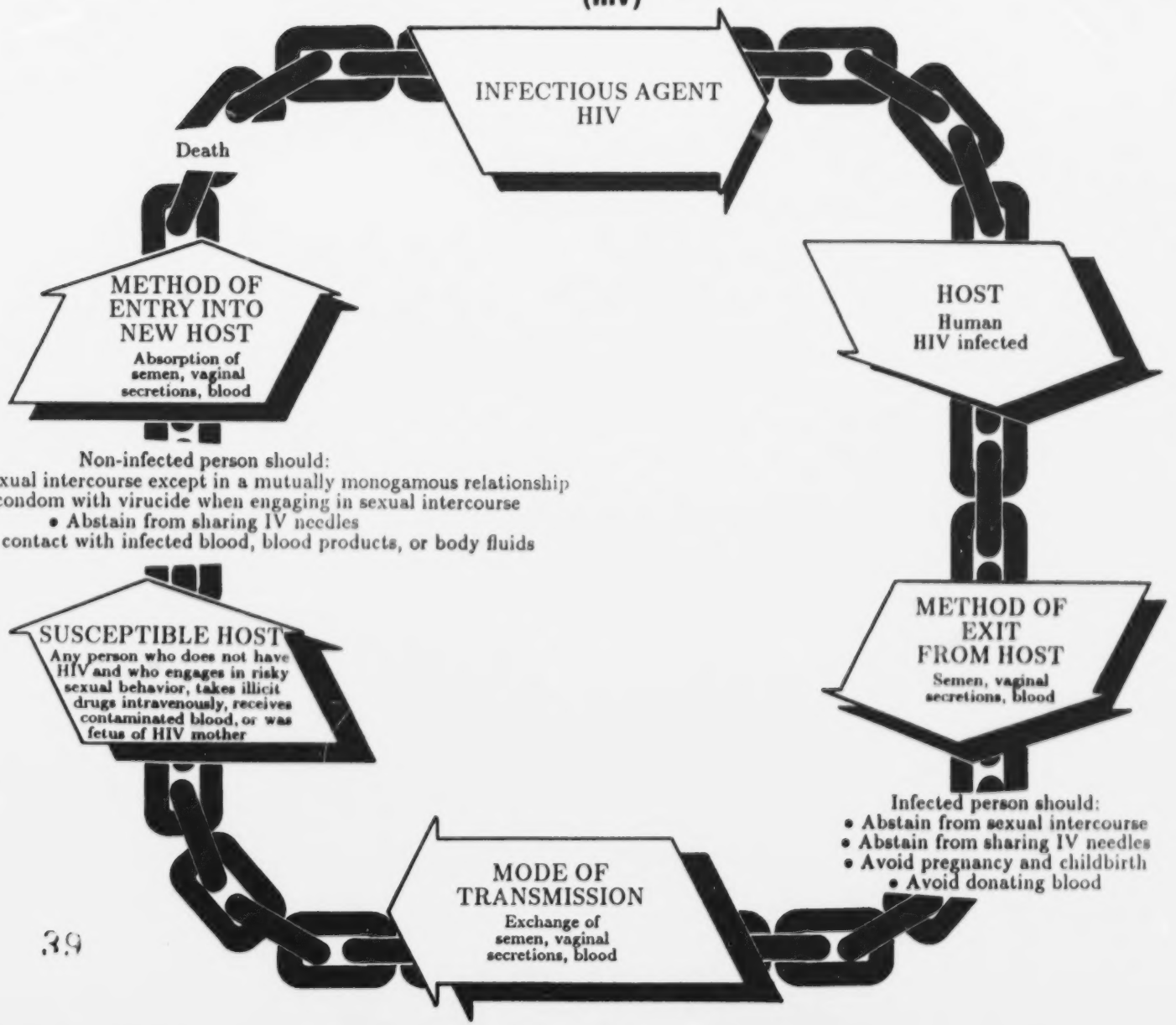
FOR VARICELLA VIRUS
(Chicken Pox)



BREAKING THE CHAIN OF INFECTION

Diagram F

FOR HUMAN IMMUNODEFICIENCY VIRUS (HIV)


INFECTIOUS AGENT
HIV
HOST
Human
HIV infected
METHOD OF EXIT FROM HOST
Semen, vaginal secretions, blood
MODE OF TRANSMISSION
Exchange of semen, vaginal secretions, blood
SUSCEPTIBLE HOST
Any person who does not have HIV and who engages in risky sexual behavior, takes illicit drugs intravenously, receives contaminated blood, or was fetus of HIV mother
METHOD OF ENTRY INTO NEW HOST
Absorption of semen, vaginal secretions, blood
Death

Non-infected person should:
- Abstain from sexual intercourse except in a mutually monogamous relationship
- Use latex condom with virucide when engaging in sexual intercourse
- Abstain from sharing IV needles
- Avoid other contact with infected blood, blood products, or body fluids

Infected person should:
- Abstain from sexual intercourse
- Abstain from sharing IV needles
- Avoid pregnancy and childbirth
- Avoid donating blood

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ACKNOWLEDGMENTS

Dealing With AIDS is a publication of the American Association of School Administrators, 1801 North Moore Street, Arlington, Virginia 22209-9988. Its publication was made possible through a grant from the Metropolitan Life Foundation.

The AASA Executive Committee recognized early on the role education would have to play in stemming the AIDS epidemic and the importance of dealing with the subject in a factual and forthright manner. In 1987, it adopted a position statement stating:

> "AASA encourages schools to develop programs that will help students understand AIDS and, to the extent possible, help them avoid contracting the disease. The admission of students with AIDS or the continuing service of employees with the disease are local decisions involving school officials; health professionals, including the medical community; parents; and students or employees. School systems should strive to keep staff members informed about Centers for Disease Control (CDC) guidelines and other pertinent information."

In addition to this publication, the AASA now has three media resources available in fulfillment of this commitment. There are two instructional video discs available: *AIDS – An Educational Program* and *STD: Sexually Transmitted Diseases Information Program*. The third resource is a public information slide/tape presentation, *AIDS: Education's Deadly Imperative!*

The manuscript for *Dealing With AIDS* was written by educational researcher and writer Dr. Katherine E. Keough, Assistant Professor, Department of Administration and Supervision, Queens College, The City University of New York. Dr. Keough has directed several research projects on AIDS education; her work provided the research base for this publication. She was encouraged in this research by the late Dr. Corrine J. Weithorn, Chair, Department of Education and Community Programs, Queens College, The City University of New York. Editorial assistance was provided by Charles W. Brodhead, President, The Communications Support Group, Inc., Ithaca, New York, whose firm also created the design and graphics for this booklet.

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